



Apple 'n Spice Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup cornmeal
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1.8 cups golden delicious apple shredded
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons vegetable oil

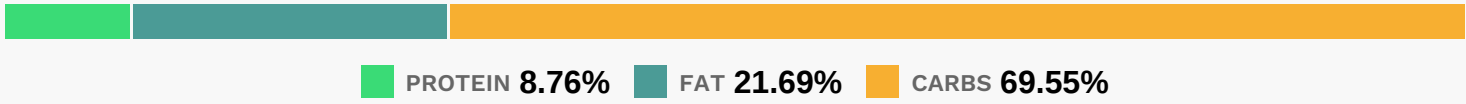
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 8 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine apple, buttermilk, oil, and egg in a bowl; stir well.
- ☐ Add to dry ingredients, stirring just until moist.
- ☐ Divide batter evenly among 12 muffin cups coated with cooking spray.
- ☐ Combine remaining ingredients; sprinkle over muffins.
- ☐ Bake at 400 for 20 minutes or until golden.
- ☐ Remove from pans immediately.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:15.3, Inflammation Score:-2, Nutrition Score:4.097826073999%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 140.01kcal (7%), Fat: 3.39g (5.22%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 22.95g (8.35%), Sugar: 8.92g (9.91%), Cholesterol: 16.1mg (5.37%), Sodium: 158.48mg (6.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Manganese: 0.19mg (9.49%), Selenium: 6.46µg (9.23%), Vitamin B1: 0.13mg (8.81%), Folate: 29.35µg (7.34%), Vitamin B2: 0.12mg (6.98%), Fiber: 1.53g (6.12%), Phosphorus: 59.9mg (5.99%), Iron: 0.97mg (5.4%), Vitamin B3: 0.97mg (4.84%), Calcium: 44.99mg (4.5%), Vitamin K: 4.64µg (4.42%), Vitamin B6: 0.07mg (3.34%), Magnesium: 13.32mg (3.33%), Zinc: 0.43mg (2.84%), Potassium: 83.54mg (2.39%), Copper: 0.05mg (2.32%), Vitamin B5: 0.22mg (2.16%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.07µg (1.17%)